

Dating Violence ... Are you aware?

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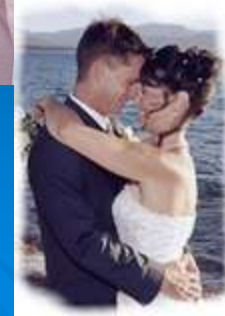
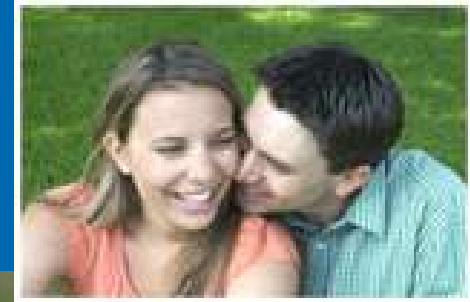
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PERSPECTIVE IS EVERYTHING.

- 26% of teens surveyed said they are very concerned about dating violence
- 31% said either they or a friend have experienced dating violence.
- 40% of teenage girls age 14 to 17 report knowing someone their age who has been hit or beaten by a boyfriend.
- Nearly 80% of young women who report being physically abused by their boyfriend, continue to date him.

What is a healthy relationship?





You feel safe & comfortable with each other.
You laugh and have fun.

Communication is open and spontaneous.
You listen to each other.



You can express your feelings without fear.

Rules and boundaries are clear and
respected.



You can be together as a couple and still be
yourself.

Relationships with other friends and outside
interests exist for both partners.

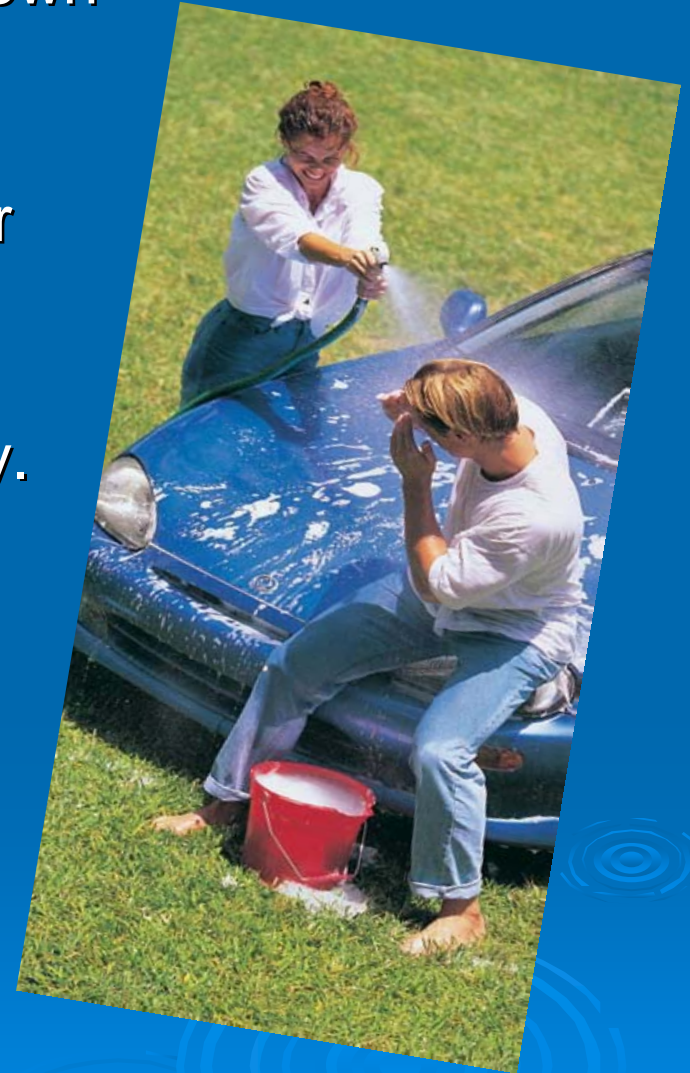
You each take responsibility for your own behaviors and happiness.

Your partner does not try to change or control you when you disagree.

You can say "no" without feeling guilty.

There is a balance of giving and receiving in your relationship.

You both agree that violence is unacceptable.



Warning signs !

Quick involvement

Jealousy

Rigid sex roles

Hypersensitivity

The blame game

Controlling behavior

Unpredictable mood swings

Isolation from friends and family

Threats and verbal abuse



Danger !

Explosive anger

Any use of physical force

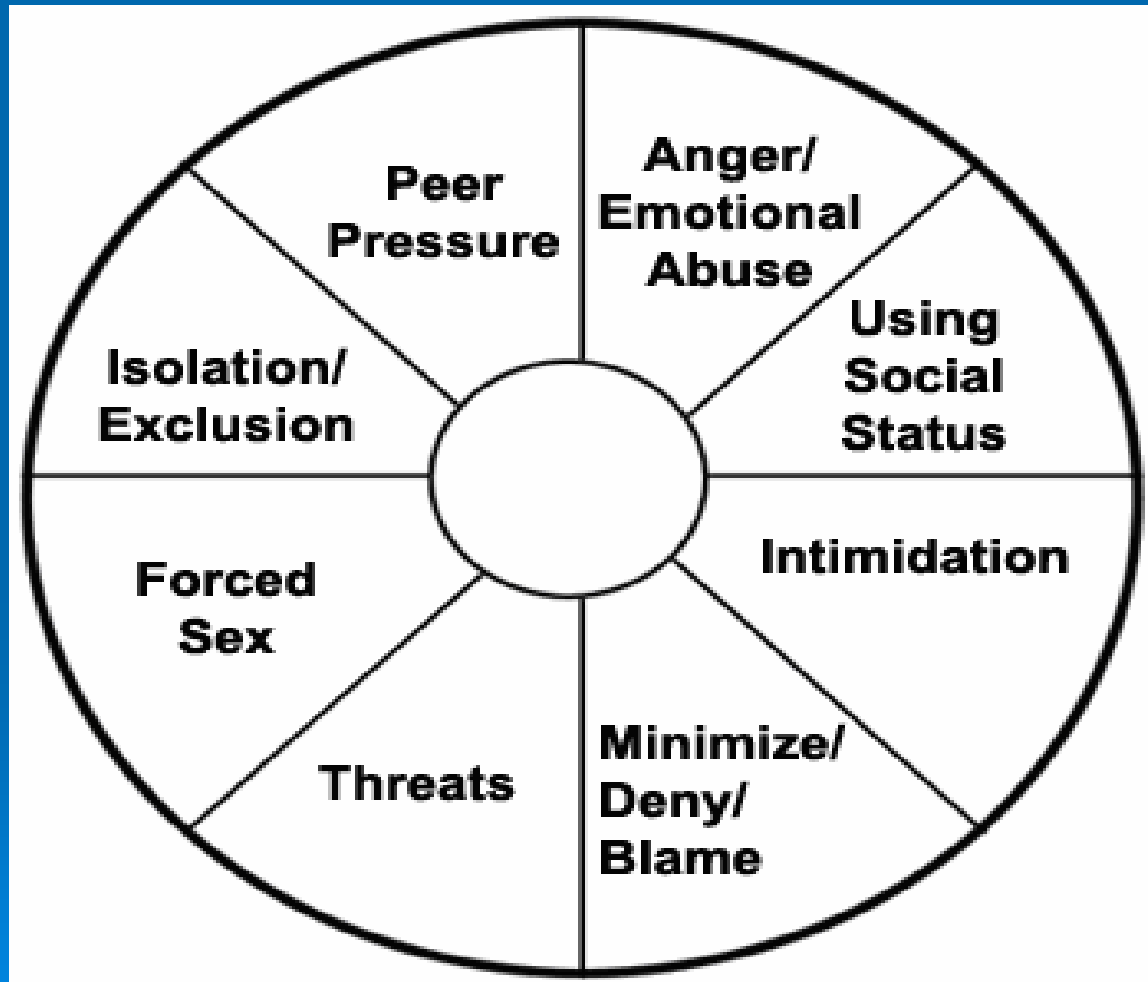
Alcohol and drug use

Cruelty to animals or children

Abuse of a former partner



Watch for these warning signs!



Online dating



Cyberstalking

- Cell phones
- Text messaging
- Computers
- Instant messaging
- e-mail
- Identity theft
- World Wide Web



Cyber Safety

- Trust your instincts
- Hang up
- Log off
- Block unwanted contacts
- Never give out personal information
- Plan ahead for safety!



Signs of Dating Violence



Pregnancy

Isolation

Emotional outbursts

Physical injury

Cutting class, dropping out of school, missing work

Failing grades

Indecisiveness

Changes in mood or personality

Use of drugs and/or alcohol

You need to know . . .

1. There's NEVER any excuse for abuse.
2. Abuse is not your fault.
3. No one has a right to hurt you.
4. You can take back your life.
5. No one has a right to force you to do something you don't want to do.
6. You can find HAPPINESS and JOY after abuse.

Tell someone !



If you know someone who is
being abused . . .



1. It's OK to say, "I'm worried about you," or "I'm concerned about your safety."
2. Encourage talking to a parent, counselor, church leader, nurse, or trusted adult.
3. Be a "safe" place—listen without judgment.
4. Don't criticize the abused or the abuser.
5. Don't lose hope—it isn't easy to make changes.

**NEVER CONFRONT THE
ABUSER**

Tips for safe dating

Spend time together in groups.

Date those with similar values.

Avoid hanging out – be active!
Plan a picnic, bike ride, hike ...

**Always tell someone, especially
a parent, where you are going
and who you will be with.**



If you need help . . . remember

- Talk to someone like a parent, counselor, religious leader, or trusted adult.
- Trust your instincts.
- Always tell someone where you are and who you're with.
- Carry a cell phone and have a plan – know who to contact or where to go if you need help.
- For more information on dating violence or for local resources call:
 - National Domestic Violence Hotline 1 800 799-7233
 - Utah Domestic Violence Linkline 1 800 897-LINK (5465)

In an emergency call 911

Now that you're aware

You go girls!

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